LETTERS@METRO.US

GOSSIP: LIVESTRONG OR LIVEWRONG? {page 08}

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Monday, January 21, 2013

GETTY IMAGES

OVER AND OUT

Patriots fall in AFC title game, 28-13, to Ravens ◐ Brady throws two picks ◐ 49ers advance from NFC {page 17}

▶ Tom Brady and the Patriots came up on the short end of the stick in their rematch against the Ravens in last night's AFC Championship.

television

Kevin Bacon says he's ready for prime time

◐ Big screen actor 'Following' in the footsteps of his wife, Kyra Sedgwick {page 09}

local

Hub experts: Cyber stalking is on the rise

◐ Most people don't realize unwanted behavior is considered stalking {page 02}

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By the numbers

43

The 43rd annual Martin Luther King Jr. Memorial Breakfast is scheduled to take place at 8 a.m. today at the Boston Convention Center. The event features food, live music and a gathering of hundreds of business, civic and religious leaders from across the state. Attorney General Martha Coakley and Lt. Gov. Tim Murray are among the many elected officials expected to attend. METRO

Today's local tweet

"Dear green line: I could've walked to Copley by now... #MBTA"

THAT'S SUNDAY FOR YA, @HARRISONXIII.

In the news

BU students robbed in three separate incidents

BOSTON. Boston University students were robbed in three separate incidents this weekend, BU Today reported.

Two men robbed a female student and two companions at gunpoint near St. Paul and Thatcher Streets in Brookline just after midnight Saturday.

Less than an hour earlier, a male student was punched and robbed in an alley adjacent to Shaw's supermarket.

Around 1:30 a.m. Saturday, a female student was robbed on Babcock Street by a man and woman who allegedly pushed her to the ground before taking money and a cell phone.

Police believe the three robberies are unrelated, but are adding additional patrols to the area. METRO

Another crime lab chemist arrested

AMHERST. A state chemist is accused of tampering with drug evidence at the State Crime Laboratory in Amherst. Sonja Farak, 35, of Northampton, was arrested Saturday night for allegedly replacing cocaine with a counterfeit substance, as well as drug possession, Attorney General Martha Coakley said.

The arrest comes four months after rogue chemist Annie Dookhan, 34, was arrested for allegedly tainting thousands of drug samples at a Jamaica Plain drug lab.

The Amherst Drug Laboratory stores and analyzes alleged controlled substances seized by police. METRO

Indecent assault at Haymarket

BOSTON. A Boston man was arrested Friday afternoon after allegedly indecently assaulting a woman as she waited to board an MBTA bus at Haymarket Station.

Transit Police caught John Salonen, 48, after a T worker saw him leaving. METRO

BARCC: Cyber stalking is on the rise around Hub

The Boston Area Rape Crisis Center explains local stalking trends ● This is Stalking Awareness Month

For many, the notion of "stalking" typically involves a shadowy figure creeping outside a window. But according to a local organization, the reality is that it usually happens within the glow of a computer screen.

January is National Stalking Awareness Month, so Metro caught up with the Boston Area Rape Crisis Center to shed light on some local stalking trends.

It turns out that most Boston-area residents who are hounded by unwanted "friends" on social media and e-mail don't realize they're being stalked.

"It's unwanted communication, unwanted compliments," said Jesse Moskowitz, a BARCC hot line coordinator. "Primarily it is not individuals who are being physically stalked. More frequently they're experiencing it via technology — the phone, social media, e-mail. They'll say 'He won't leave me alone,' but they won't use the term 'stalking.'"

Those who do realize they're the victims of stalking behavior are often frustrated with the lack of solutions in Massachusetts, said Meg Bossong, BARCC's manager of community engagement.

According to the National Center for Victims of Crime, the majority of victims are stalked by someone they know.

"It might be someone that you often see on the T, or other people you might not notice in the course of your daily life," said Bossong.

'Camouflaging'

According to trends that the BARCC has seen, a person who has committed a sexual assault will often try to "camouflage" the attack by repeatedly contacting the victim to ask them out or compliment them to make it appear as though there is a relationship between them.

66M Number of people who are stalked each year in the United States, the majority of which are stalked by someone they know

Law allows victims to break leases

Earlier this month, Gov. Deval Patrick signed legislation that lets tenants who have been subjected to stalking, domestic violence or sexual assault get out of housing leases by writing a letter to their landlords.

Court records, restraining orders and police reports can serve as proof of the crime for landlords.

Getting stalked?

Hotline help

The BARCC's anonymous 24-hour hotline number is **800-841-8371.**

Stats on stalking

1:6
Women and 1 in 19 men have experienced stalking to the point that they felt "very fearful" or believed that they or someone would be hurt

66%
Of female and 41% of male victims are stalked by a current or former intimate partner

11%
Of stalking victims have been stalked for five years or more

78%
Of stalkers use more than one means of approach

(Source: The Stalking Resource Center)

Morgan Rousseau
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Mercury. Plunging

▶ The Boston Frog Pond was full of smiles as ice skaters enjoyed a seasonally perfect day yesterday.

NICOLAUS CZARNECKI/METRO

Temps in the teens this week

Yesterday's mild weather made it a perfect day for outdoor activities, but it will probably be the last day this week you'll want to be outside for an extended period of time. According to the National Weather Service, temperatures aren't expected to make it out of the 20s during the day this week, with temperatures at night dipping into the single digits. Snow is possible tonight and Friday, according to forecasts. METRO

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News in brief

'High noon' pro-gun rally at State House

Hundreds of people showed up at the State House on Saturday to speak out against "any and all future gun legislation."

The "Guns Across America Rally Massachusetts," hosted by the Gun Owners' Action League, was held at what was described as "high noon" in response to gun control legislation proposed last week by Gov. Deval Patrick.

COURTESY/JAYNE IRVINE

▶ Protesters fired off their concerns.

"People don't realize that the firearm community is a very diverse crowd," said rally attendee Matthew DeVito, president of the Down Range Firearms Training in Woburn. "On TV, people are portrayed as uneducated, rednecks or hicks. ... People don't realize there are plenty of professionals who own guns."

Some rally-goers were expected to carry concealed weapons to the demonstration.

"If they were carrying guns, you'd never know it," said DeVito. "No one had guns up in the air. ... It was a peaceful, respectful event [to voice concerns]."

The governor's bill would tighten access to high-powered rounds of ammunition, create four new types of firearms-related crimes and close the so-called "gun show loophole." METRO

MIT team 'Sprout's a clever idea

▶ In a few weeks' time, it goes from pencil to parsley.

COURTESY/SPROUTPENCIL.COM

Last year, a group of MIT students designed a writing utensil that is a little more colorful than the average office product, and it will soon go on sale.

"Sprout" is a cedar pencil that is capable of growing a plant thanks to a water-activated seed capsule at the tip.

The idea for the eco-friendly office product came from 25-year-old Somerville resident Mario Bollini last March in a product design class at MIT.

He and his MIT classmates created a research collaborative to launch their product, which sprouts eight different herbs.

But pencil biters beware — saliva can set off the seedling.

The Sprout team decided to stick with herb seeds because they're easy and quick to grow.

"Regular vegetables take a long time to grow, so there is not much of an instant reward," said Bollini, adding that flowers are on the horizon. "We're hoping to offer flowers eventually. We're thinking of creating colored pencils that match the color of the flower."

Sprout's industrial design leader, Lauren Hernley, hopes that the product will make people more conscious of their environmental habits.

"Eco-friendly office practices are important because we need to realize our impact on the environment as a community and as individuals," said Hernley.

2K When the campaign ended September it had more 2,086 backers.

$37K It earned $37,715, flying past its $25,000 goal.

$20 The pencils will be for sale in a few weeks and will cost $20 for an eight-pack.

Morgan Rousseau
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Growing interest

While Bollini is a fan of pencils, he admits they have fallen by the wayside in recent years.

"Now that I'm working, I almost never write by hand," he said. The hope is that Sprout will motivate people to go back to their wooden writing ways — and considering how well the project did on Kickstarter, it just might.

Quoted

"I did a lot of my homework at MIT with a pencil. You have to get up and sharpen it, and it forces you to relax."
BOLLINI

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Obama sworn in as inauguration looms

GETTY IMAGES

▶ President Obama was officially sworn in by Chief Justice John Roberts yesterday. Next to Obama are first lady Michelle Obama and their daughters, Malia and Sasha.

President Obama took the official oath for his second term yesterday at the White House in a small, private ceremony that set a more subdued tone compared to the historic start of his presidency four years ago.

With his family in the Blue Room on the White House's ceremonial main floor, Obama put his hand on a family Bible and recited the 35-word oath that was read out loud by U.S. Chief Justice John Roberts. **REUTERS**

A family moment

"I did it."
OBAMA SAID AS HE HUGGED HIS WIFE, MICHELLE, AND DAUGHTERS SASHA AND MALIA

"You didn't mess up."
SASHA OBAMA TO HER FATHER

"Thank you sweetie."
OBAMA TOLD MICHELLE WHEN SHE CONGRATULATED HIM

Fourth time

By today, Obama will have been sworn in four times, two for each term, putting him equal to Franklin Roosevelt, who served four terms. A second Obama swearing-in was deemed necessary in 2009 when Roberts flubbed the first one. Yesterday, Roberts read the oath carefully from a card and there were no mistakes. **REUTERS**

Public celebration

It was a low-key start to the president's second term.

Obama will be sworn in publicly today outside the West Front of the Capitol overlooking the National Mall in front of as many as 800,000 people — a much bigger ceremony replete with a major address and a parade.

Biden has presidential gaffe at ball

Was it just another slip of the tongue by Vice President Joe Biden or a preview of the next presidential campaign?

Hours before Biden and President Barack Obama were due to be sworn in for their second four-year terms, Biden told supporters at the Iowa State Society inauguration ball late Saturday: "I'm proud to be president of the United States." The audience laughed and cheered. Biden's son Beau, attorney general of Delaware, interrupted his father and told the crowd he'd misspoken. Although Biden will be a few days short of his 74th birthday in 2016, he has hinted that he is considering a run for president.

In the news

NTSB rules out Dreamliner battery flaw

WASHINGTON. The U.S. National Transportation Safety Board yesterday ruled out excess voltage as the cause of an auxiliary power unit battery fire last month on a Boeing Co. 787 Dreamliner jet operated by Japan Airlines Co. and widened its investigation to include the Arizona-based manufacturer of the battery's charger.

Last week, governments across the world grounded the Dreamliner while Boeing halted deliveries after a problem with a lithium-ion battery on a second 787 plane, flown by All Nippon Airways Co., forced the aircraft to make an emergency landing in western Japan. **REUTERS**

GETTY IMAGES

▶ 787 Dreamliner

Al Qaeda claim attack as hostage toll in Algeria rises

ALGIERS. Algeria's government said yesterday the death toll from the gas plant attacked in the Sahara desert would rise from the 23 hostages initially thought.

"I am afraid, unfortunately, to say that the death toll will go up," Minister of Communication Mohamed Said was quoted as saying by the official APS news agency, adding that a final death toll would be released in the coming hours.

The previous death toll given by Algeria's Interior Ministry was 23 hostages and 32 militants killed during the assault launched by Algerian special forces to end the crisis, with 107 foreign hostages and 685 Algerian hostages freed. **REUTERS**

Diagnosing a broken system

When Matthew Reed was dean of the County College of Morris, he started an anonymous blog — "Confessions of a Community College Dean" — where he blended wonkish observations on education policy with a playful take on his life in the North Jersey suburbs: "Foucault, plus lawn care," as he puts it.

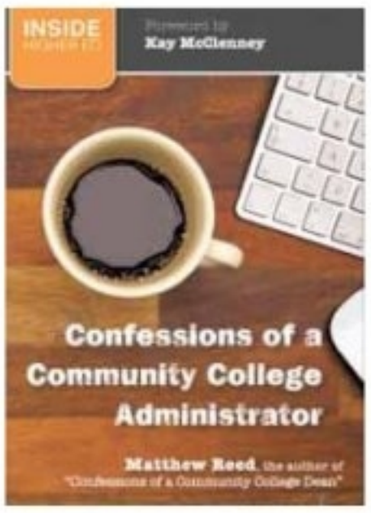
"It started as a way to think out loud about some of the dilemmas I was facing," says Reed. "But as a community developed around it, it became a way to address larger issues in higher education."

By 2007, "Confessions" was picked up by Inside Higher Ed, one of the most popular websites in the field. It soon developed a loyal nationwide following and now, a book deal: "Confessions of a Community College Administrator" was released this month by Jossey-Bass.

Reed cut down on the snarky humor for the print version — mostly. This "Confessions" is a scholarly diagnosis of a system in peril.

"It's taken me years to finally see an underlying structural problem with our higher education system," he says. "Economists define productivity as the amount you can produce in a given time, and our economy has steadily increased productivity. But in education the time is fixed: We denominate learning in units of time — semesters, credit hours, years. So we can never increase productivity like the rest of the economy. We wind up becoming more and more expensive by definition, which means higher tuition, more adjunct professors, etc."

Matthew Reed


INSIDE
Foreword by
Kay McClenney
Confessions of a Community College Administrator
Matthew Reed, the author of "Confessions of a Community College Dean"

Quoted

"Economists define productivity as the amount of stuff you can produce in a given amount of time, and our economy has steadily increased productivity. But in education the time is fixed: We denominate learning in units of time — semesters, credit hours, years." REED

Reed admits that finding alternatives to credit hours is no easy process, but he's willing to suggest some adjustments for the time being:

"We define the point of a course as the student being able to do X by the end of it, for example. Well, if the student is able to do X in six weeks instead of 16, shouldn't they go onto the next thing?" he says. "Right now we make them do the full 16, during which we're paying people."

Bruce Walsh
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In the news

Higher education outlook negative, according to Moody's

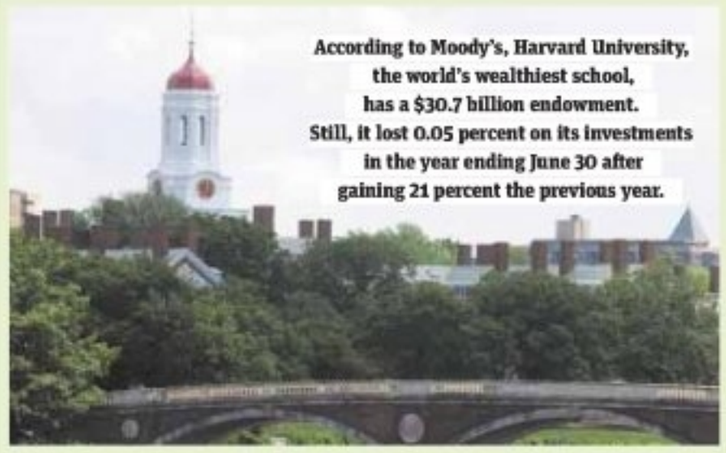
Moody's Investors Service changed its 2013 outlook for all U.S. higher education to negative, citing mounting pressure on revenue sources.

"Most universities will have to lower their cost structures to achieve long-term financial sustainability and fund future initiatives," Moody's said in a report, led by analyst Eva Bogaty.

The ratings company previously had a stable rating for market-leading research institutions. The cost to attend college has increased faster than the rate of inflation over the past four decades, with some private institutions topping $60,000 a year.

Price sensitivity is having a greater impact on student demand because of a "prolonged period of depressed family income and household net worth." The number of high school graduates has also been declining since the 2007-2008 academic year, Moody's said.

Public universities, which have seen state funding decline in recent years, can expect more of the same, according to the Moody's report. It said research funding is also vulnerable to federal budget cuts. BLOOMBERG


According to Moody's, Harvard University, the world's wealthiest school, has a $30.7 billion endowment. Still, it lost 0.05 percent on its investments in the year ending June 30 after gaining 21 percent the previous year.

Downgraded

Moody's downgraded more than 20 universities last year according to data compiled by Bloomberg. Among the largest was Pennsylvania's State System of Higher Education, a 14-school system. Moody's cut $1.5 billion of the system's debt to Aa3 from Aa2 largely because of its financial dependence on the state, which was also downgraded. Other institutions downgraded included private schools Franklin W. Olin College of Engineering in Needham, and Morehouse College in Atlanta, Ga.

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myentertainment

THE WORD

Metro's **Dorothy Robinson** shares her take on the world of gossip @dorothyatmetro dorothy.robinson@metro.us

The feed ...

▶ Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

@MalinAkerman: At a restaurant. Witnessed a crazy car chase. Parked cars got hit and nearly hit people on the sidewalk!! Thank god no one was hurt!

@KChenoweth: When does the gurgling, nasuea end. When

@EmWatson: Rooney Mara seems -so cool. #vogue

@SethMacFarlane: If mom & dad paid to put you through journalism school and you're typing the phrase "new couple alert," you should just walk into the ocean.

Hot. Shot

▶ Kristen Bell is pretty in purple.

ALL PHOTOS GETTY IMAGES

A baby bump at Sundance

Actress Kristen Bell, who is expecting a little one with fiance Dax Shepard in the spring, showed off her baby bump at the premiere for her new film, "The Lifeguard," at the Sundance Film Festival in Park City, Utah, on Saturday.

All of Hollywood is mad at Armstrong — except JJ Abrams

Lance Armstrong and Hollywood have always been pretty tight. He and the puppy-eyed **Jake Gyllenhaal** would go bike riding together; **Matthew McConaughey** and he have been buds (and Austin neighbors) for years and the guy was even engaged to poor **Sheryl Crow**. But now it looks like Hollywood — where liars and cheats usually thrive — is turning its tanned back on the disgraced cyclist.

After the bombshell interview with **Oprah**, stars took to Twitter to express their disdain. **Carson Daly** tweeted: "He is a cheater and liar. I'm embarrassed that I was such a fan for so long." Meanwhile, **Seth Meyers** joked: "Say what you will, he's still the Lance Armstrong of d*ckheads." And perhaps **Piers Morgan** was just bitter that Oprah got the big interview when he wrote: "The fact @lancearmstrong admits he had to look up what the word 'cheat' means, says all you need to know about the man. #LiveWrong."

But there's one person in Hollywood that is hot to trot for Armstrong's story: **JJ Abrams**. The "Star Trek" director and "Lost" co-creator is reportedly set to produce a film about Armstrong's life, according to the Hollywood Reporter. Abrams and Paramount Pictures recently acquired the rights to New York Times sportswriter **Juliet Macur**'s book "Cycle of Lies: The Fall of Lance Armstrong," which is set to be released in June. Sony Pictures has been working on a much more complimentary Armstrong movie for years, with Jake Gyllenhaal reportedly attached at one point, but those plans were scrapped after Armstrong was stripped of his Tour de France titles in August.

This is a perfect pairing. After all, Abrams and Armstrong are two figures famous for spinning wheels and disappointing endings.

▶ Who knows what's in those friends' glasses in 2006?

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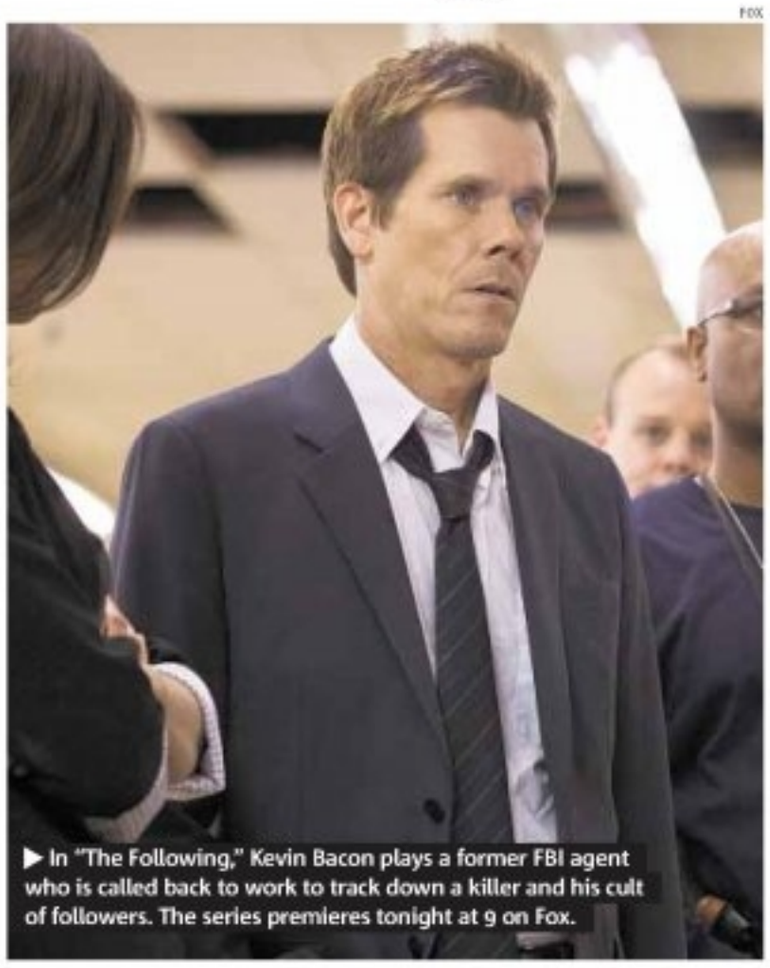
myentertainment

Looking for a 'Following' on television



FOX

▶ In "The Following," Kevin Bacon plays a former FBI agent who is called back to work to track down a killer and his cult of followers. The series premieres tonight at 9 on Fox.

Kevin Bacon, movie star, headlines his first TV show What took him so long, and why he didn't quite wind up where he thought he would?

It's taken surprisingly long for Kevin Bacon to find his way to the lead role in a TV drama, but he's finally doing so with "The Following," from "Scream" creator Kevin Williamson. And the biggest surprise, at least to Bacon, is that it's on network television. "I honestly thought I'd end up on cable," says Bacon, whose wife, Kyra Sedgwick, has done well for herself in the cable world with "The Closer." But Bacon doesn't mind guessing wrong about his own career.

What did this show have that other TV projects you may have looked at didn't?

Well, it was a couple of things. First off, I tried to develop two [shows] that didn't quite get there by the time this one came along. Sometimes they were amazing pilots and people would say to me, "Yeah, but is there really a show there?" And since I'm really not used to reading something with the eye on four years down the line, that was kind of a new thing to me. And then other things had strange network or cable politics around them that they just didn't fall into place, and this one did.

So this one has something in it that could carry on for years, you think?

Yeah, but what do I know? I mean, look how many f—ing movies I've done, and how many of them are hits — 2 percent, 5 percent — not a lot of them. So I've made a lot of bad choices. I'm not someone who thinks too carefully about what the long-term implications are.

For years, the line's been: "All the good writing is on cable." Do you see that changing now? Are the broadcast networks catching up?

There's got to be some network guys around here you could interview about that idea. I don't know. I don't know the answer to these questions. I'm much more following it, if I can say that now, but I don't have the answers.

Q&A

You said that you thought you'd end up on cable when you got to TV.

Well, yeah — when I first approached the idea of doing a show, yeah, I thought cable. Well, first off, I went from the idea that cable was just going to be Showtime or HBO. Premium, right? And then in the course of a year or so, that's when it started to morph. All of a sudden I'm like, "Holy s—, 'Breaking Bad' is off the chain!" Look at shows that are on FX, you know, and "The Closer." And now all of a sudden it's like, "Well, what about Netflix?" You just do a show and there is no network. Things have changed and morphed so much.

Quoted

"I'm not someone who thinks too carefully about what the long-term implications are."
BACON

Ned Ehrbar
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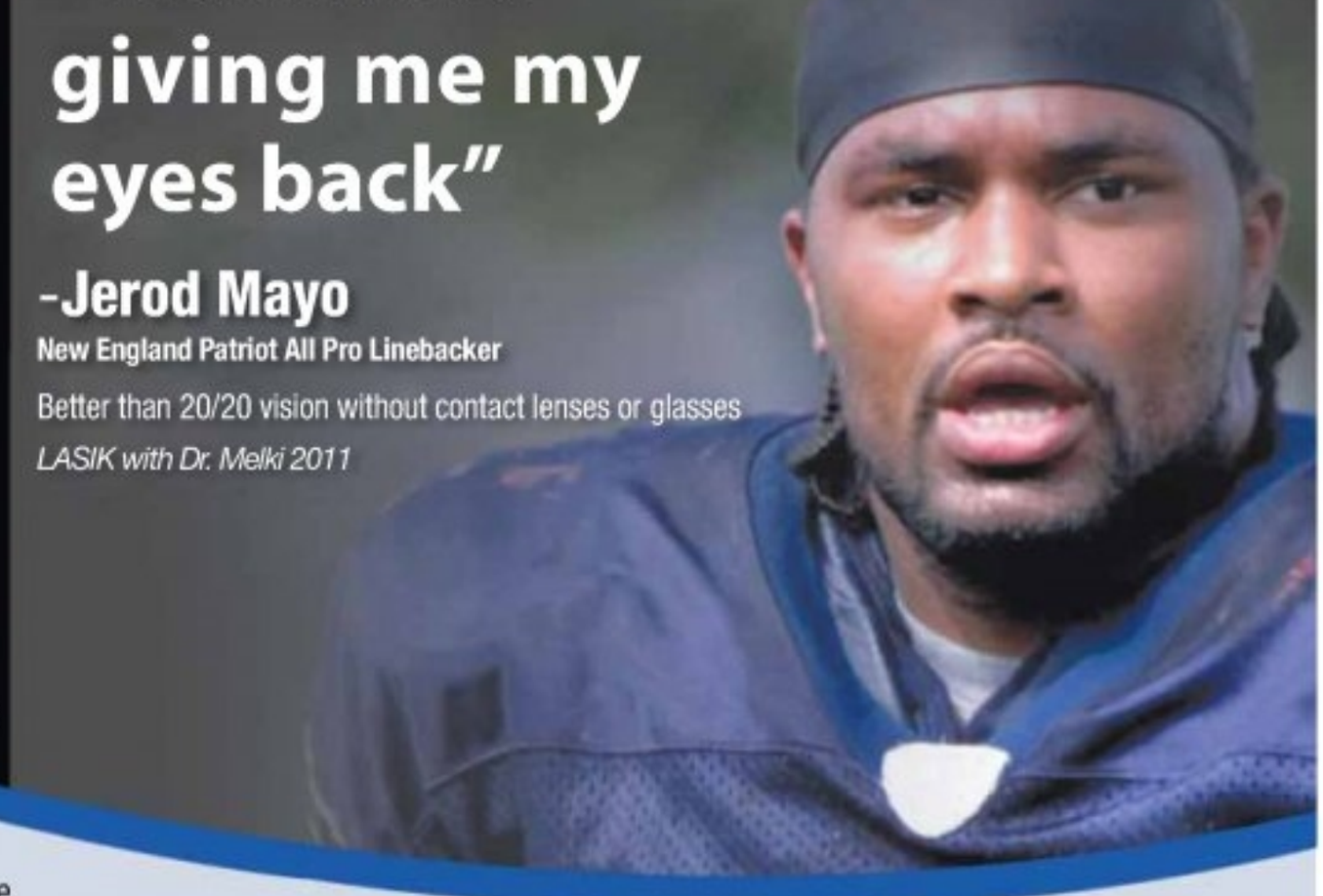

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mywellbeing

Don't let nomophobia or Venustraphobia get you!

Fear of being without your phone? Fear of beautiful women? These are very real anxieties in this modern age and you can learn ways of coping

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JONATHAN ALPERT
WWW.JONATHANALPERT.COM

Most of us can identify with nomophobia — the fear of being without technology — and Venustraphobia — the fear of beautiful women — at least to some extent. I have patients who come to see me and will complain that they panic without cell phone service or are frightened by gorgeous people. So, it is all very normal to feel these things. In the world of labeling our behaviors and feelings though, we have names for almost everything.

Nomophobia

Nomophobia is derived from the words "no mobile" and came from a 2008 British study where approximately half of all participants surveyed reported feeling some form of stress or anxiety in the absence of mobile phone use. This is consistent with what I see with some of my patients as well. The symptoms include checking your phone frequently for messages, feeling anxious without it, using the phone in inappropriate places (such as a house of worship) and feeling "naked" without it. Nomophobia is one of those technology-derived disorders and a reflection of our 24/7 news cycle, in which people feel they have to be connected and accessible at all times. Fifteen years ago, this problem hardly existed. Here's how to combat nomophobia:

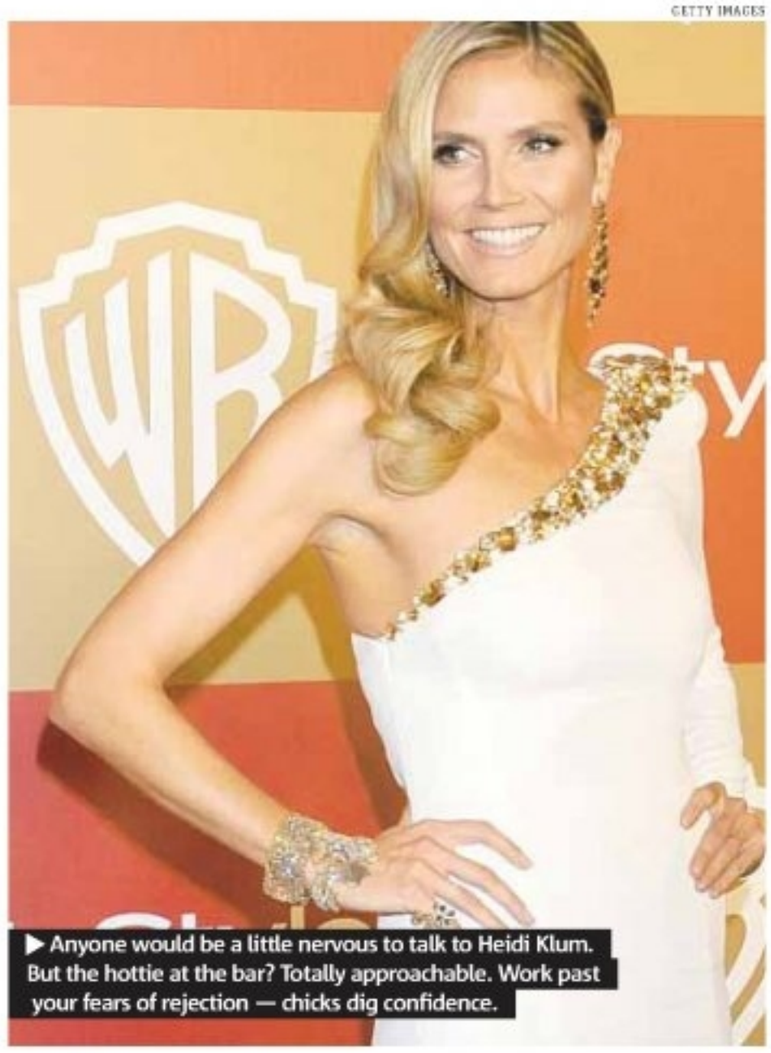
- **Monitor your use.** Know when your use is heaviest. Is it at night when you're lonely? Or is it when you are bored? Address the underlying issues.
- **Carve out acceptable times to check or use your telephone.** Some ideas might be: on your lunch break, before work or only for really important calls during the workday.
- **To ensure that you don't lose cell use capability, take precautions,** like charging the phone prior to leaving home.

Venustraphobia

Venustraphobia is the fear of beautiful women. As with most phobic responses, the person will experience classic symptoms if faced with beautiful women, or even merely thinking about them. Shortness of breath, nausea, dry mouth, perspiring and an inability to think or speak clearly are all typical. A common adaptive response is to avoid beautiful women at all costs.

The ramifications could be missing work, not developing romantic or even platonic relationships, and depression. The treatment: Change your thinking and behavior. Address the underlying beliefs and test out how true or false they are. For example, people with venustraphobia might think, "She'll reject me." Ask yourself: How do you know if she'll reject you? Where's the evidence? Then, approach and interact with beautiful women to prove to yourself that you can be just fine in their presence.

GETTY IMAGES



▶ Anyone would be a little nervous to talk to Heidi Klum. But the hottie at the bar? Totally approachable. Work past your fears of rejection — chicks dig confidence.

– Jonathan Alpert is a licensed psychotherapist. His book, "Be Fearless: Change Your Life in 28 Days," is available now. E-mail him your questions at jonathan@jonathanalpert.com.

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How to make working from home work for you

As a kid, most people dream of working in a big corner office with one of those leather chairs that swivels around and a secretary outside the door, ready to help at the buzz of a buzzer.

Not everyone. Some people dream of being able to earn a living without having to change out of their pajamas, working from home. But when they get the chance to make the couch into an office, trading in work shoes for house slippers can also mean trading in productivity.

At home, workers are surrounded by distractions. Everything from a fully stocked fridge to daytime television could pull you away from the laptop. Soon, you may be working 12-hour days just to get everything finished.

More than one in five university-graduate employees work at home as the trend of shifting work from the office to the rec room continues to climb.

FOGSTOCK

▶ When working from home, make sure to limit distractions.

If that's you, here are some tips for ensuring that a change in venue doesn't change your level of productivity:

Create your own workday

If you typically subscribe to the 9-to-5 work day, don't let your fluffy comforter and big-screen TV distract you into a new routine. Creating and maintaining a regular work day, with scheduled hours that are devoted to your work and nothing else, will help ensure that you are still productive.

Make sure anyone sharing your space knows your schedule and doesn't bother you while you work. Try to build as much of a separation from home and work activities as possible to guarantee that they both get done.

Act like you're in the office

When working at home, the lack of supervision can lead to a lack of self-discipline. If checking Facebook once becomes a stalk-fest of your high school ex-boyfriend and his weird new car, it has gone too far.

According to human resources expert Michael Timmes, people have to be careful using social media when working from home. Posting about doing errands during the workday may make others think that you aren't getting your work done. You have to be conscious of what you're posting online and when.

Finally, don't forget to keep a professional tone in e-mails and on phone calls, even if you're lounging on the couch in your penguin pajamas.

Make to-do lists

It works for your errands, so why not for your work tasks? Writing yourself daily to-do lists will help keep track of your progress throughout the day. Keeping a daily tally of your projects and work items will also ensure that you don't spend your work day flipping through family photo albums, because it will give you a series of deadlines.

Create your own office

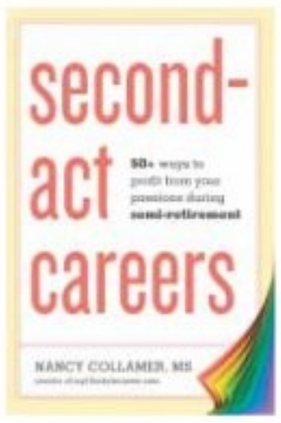
To avoid getting distracted by temptations around the house, designate an area as your work space and treat it like an office. Make sure it is away from main common spaces, with enough privacy to focus. A designated work space will help you get things done and will make it easier to leave when your workday has come to an end.

ISHANI NATH FOR TalentEgg

Talentegg.com is a job board and online career resource for college students and recent graduates.

Profiting from your passions after retirement

After decades working in human resources, Nancy Collamer launched her second career as an advice columnist in the mid-1990s. Her 2001 self-published book, "The Layoff Survival Guide," has become an e-book hit, increasing her audience by leaps and bounds. Her latest book, "Second-Act Careers: 50+ Ways to Profit From Your Passions During Semi-Retirement," plumbs the depths of an issue close to her heart.



Your approach to retirement seems much more practical than many other post-career books.

I see a gap in most people's thinking on this subject. There's a lot of discussion about how to go live your dream and buy a vineyard or something. That's wonderful, but that is geared toward people who don't have to worry about money. On the other side, we tend to point people who need money in retirement toward a job at a movie theater or Wal-Mart. My feeling is that most people are somewhere between those two options.

How do you find something in the middle?

What did you do before you retired? Start there. You likely have developed some expertise in your former profession. ... There are ways to turn that knowledge into a flexible, part-time career. ● BRUCE WALSH

Q&A

Is it the economy that's causing this shift retirement attitudes, or do boomers see retirement differently than previous generations?

It's hard to separate the two. I think we need to put retirement into a historical perspective. The retirement that my parents aspired to was working until 65, getting a pension and playing golf. That was the ideal. But in reality, that only existed for a short time in this country. Before that, people worked much longer. Now, we're working longer again and most of us are living longer than previous generations. So, even if you are lucky enough to retire at 60, you might be in good shape for another 20 years. What are you going to do with that time?

▶ Living longer than previous generations means a second chance to use your experience.

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Letters

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The Second Amendment is not a peaceful one

Many letters to Metro regarding gun control assume that the Founding Fathers intended that guns would be used in a "rational and responsible" manner (i.e., hunting) and not to jeopardize other citizens.

This is incorrect. High school civics class teaches that the Second Amendment was deliberately and specifically written so the people could violently overthrow government tyranny (i.e., the British).

Read the Second Amendment in full: "A well-regulated militia being necessary to the security of a free state, the right of the people to keep and bear arms shall not be infringed." Hunting isn't mentioned. **DREW BATES, VIA E-MAIL**

Want inauguration tickets? Take out a mortgage

I missed my invitation to attend the Jan. 21 inauguration in Washington. Top-tier donors who have raised millions have packages that include access to the inauguration's parade of exclusive receptions and other events.

Second-tier donors may attend a candlelight reception at the National Building Museum. This includes a photo reception with the president, Vice President Joe Biden and their wives at a cost of up to $100,000 per ticket. No need to bring your camera!

Late-breaking news for third-tier donors: They can participate in the marked-down, discount "Monroe Package" for only $7,500.

Will any of these participants be traveling around town on the Washington Metro subway system with ordinary commoners?

The White House bashes Wall Street with one hand, but continues to be looking for big bucks with the other. President Obama's inaugural committee is still millions of dollars short of their $50 million fundraising goal. The professional fundraisers who raised $1 billion to guarantee his reelection continue to solicit contributions from the usual crowd of Wall Street executives along with lobbyists, trial lawyers, real estate developers, Hollywood celebrities, special interest groups, millionaires and the "K" Street Washington Pay-for-Play crowd.

Obama claims to be a friend of the 99 percent, but nothing will change in his second term. He still loves spending time dining and partying with the 1 percent. **LARRY PENNER, VIA E-MAIL**

Quoted

"At those prices, working or middle-class people will be hard to find at most inaugural balls, except in the kitchen or serving. I can never afford the price of a ticket, but I am willing to park limousines, check coats or bus tables."

PENNER

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Horoscope

Aquarius **Jan. 20-Feb. 19.** An important lesson you learned from past experience can be effectively applied in handling a testy, current development. Use it!

Pisces **Feb. 20-March 20.** When it comes to a project or endeavor that you think can be complemented by another person, don't hesitate to team up. Doing so will produce superior results for both of you.

Aries **March 21-April 19.** Because of your ability to accurately assess your alternatives, your decisions should work out to your ultimate benefit. You can trust your conclusions.

Taurus **April 20-May 20.** Both small and large opportunities could yield substantial returns, mostly because of your ability to skillfully manage anything that comes your way.

Gemini **May 21-June 20.** Don't hesitate to assume greater control over a joint involvement that is not working out to your satisfaction, if you believe you can turn things around. Your partner will be pleased.

Cancer **June 21-July 22.** It might surprise you when others start to confide in you, but they'll only do so when they realize that you're the one who seems to know how to handle all kinds of problems.

Leo **July 23-Aug. 22.** Adopt a hopeful, positive attitude today regarding your newest endeavor and start moving toward it the moment you realize the view over the horizon is beginning to look particularly good.

Virgo **Aug. 23-Sept. 22.** All the key elements are trending in your favor at this time, making you far more financially fortunate than usual. Ride the wave while it's breaking.

Libra **Sept. 23-Oct. 23.** Bits and pieces that wouldn't fit together previously could start to come together. As soon as you begin to see the picture, put your plans into action.

Scorpio **Oct. 24-Nov. 22.** If you go out of your way to ensure that you handle things correctly for another, there's a strong possibility that you'll be asked to participate in something big and successful.

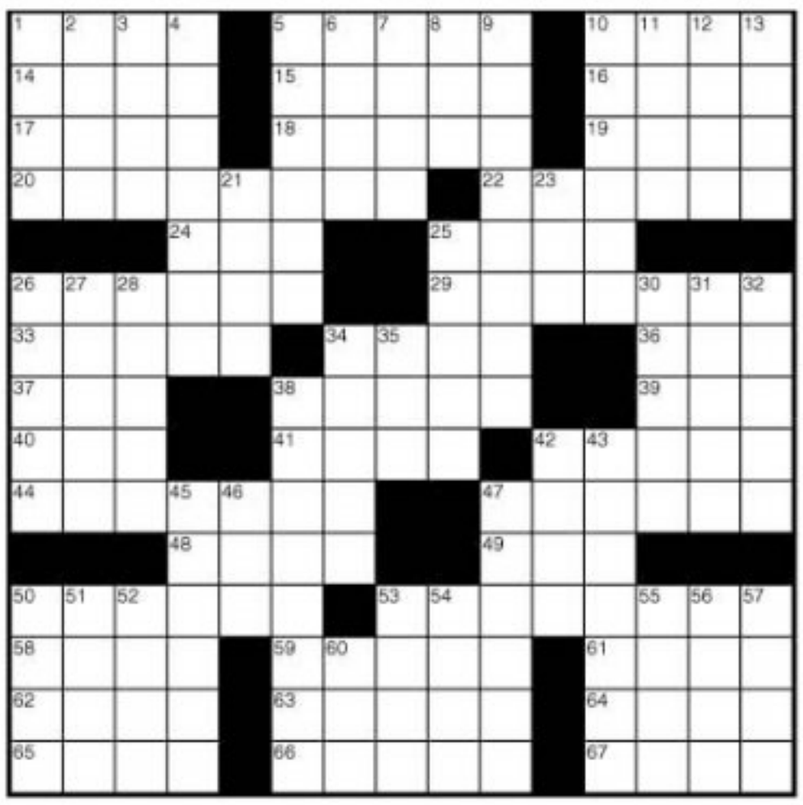
Sagittarius **Nov. 23-Dec. 21.** Certain people with whom you have a partnership arrangement could start to play vital roles in your affairs. Do everything in your power to keep these alliances agreeable, because today it might be the latter.

Capricorn **Dec. 22-Jan. 19.** The chances of fulfilling an ambitious objective are likely to be far greater now than they will be in the future. Don't delay anything that can be accomplished immediately.

BERNICE BEDE OSOL

Across
1 Hard facts
5 Nintendo hero
10 Swiss painter Paul —
14 Apply paint
15 "Wellaway!"
16 String together
17 Revise
18 Municipal
19 Whim
20 Set off
22 John Wayne genre
24 Hayloft
25 Actress Penelope —
26 Jeweler's measures
29 Fancy socks
33 Isolated
34 Bean used in falafel
36 Ms. Thurman
37 Kind of vaccine
38 Dot on a monitor
39 Catch cold
40 Nebr. neighbor
41 Bulrush or cattail
42 Grown-up
44 Firedog
47 Full moon and half-moon
48 Apply gold leaf
49 Mouse alert
50 False
53 Uproars
58 Stanford rival
59 First P.M. of India
61 Accepted
62 Might's partner
63 Broad smiles
64 On vacation
65 Environs
66 Touch or taste
67 Neill and Peckinpah

Down
1 Froze over
2 Twig juncture
3 — accompli
4 Hassock
5 Colorful squawkers
6 Perched
7 Rhapsodize
8 Here, to monsieur
9 Gunfight locale (2 wds.)
10 Clumsy
11 Milan money of yore
12 Bridge bldr.
13 Just scrapes by
21 Observe
23 Leo mo.
25 Yielded to pressure
26 "The Castle" novelist
27 Adventurer — Quatermain
28 Like a hoop
30 Feasts with poi
31 Zola's name
32 Epsom —
34 Villain
35 Chop
38 Drags out
42 Polite cough
43 Black Hills region
45 Edible lizard
46 Unburdened
47 Read
50 Mountain lion
51 Lasting impression
52 Journalist — Ducommun
53 Add water
54 Impressive vases
55 Where Keokuk is
56 Rich soil
57 "The — the limit!"
60 Before



		8					1	9
			8	7		4	6	
		9	3	4		5		
				5		1	7	
	1						2	
	2	4		8				
		7		6	5	9		
	4	6		3	7			
9	5					7		

SUDOKU **LEVEL: EASY**

				6				7
	6		7	3			2	
		3		9			8	1
	7			5		8		2
		2		4		9		
4		6		8			3	
6	4			1		2		
	8			2	4		9	
2				7				

SUDOKU **LEVEL: HARD**

How to play Sudoku: Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Solution to weekend's crossword

C	A	L	F		I	M	A	N			M	O	O	G
A	G	A	R		M	O	D	E	M		A	X	L	E
A	U	D	I		P	I	Z	Z	A		R	E	E	L
N	E	S	S		O	R	E		R	H	I	N	O	S
			B	O	S	E		B	O	O	M			
S	P	H	E	R	E		P	L	O	W	B	A	C	K
T	R	I	E	D		T	O	O	N		A	L	L	Y
A	Y	N			B	A	L	K	S			D	U	O
R	O	D	E		E	R	L	E		F	L	E	E	T
T	R	U	F	F	L	E	S		A	L	O	N	S	O
			F	I	T	S		R	E	A	D			
S	A	F	A	R	I		S	U	R		G	U	T	S
A	V	E	C		N	A	O	M	I		I	R	O	N
G	O	R	E		G	L	O	B	E		N	A	N	O
A	N	N	S			E	T	A	S		G	L	I	B

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RAVENS 28 | PATRIOTS 13

▶ Tom Brady looks downfield in the first half last night as Baltimore's Haloti Ngata applies pressure.

JIM ROGASH/GETTY IMAGES

A BITTER JANUARY

Patriots slammed in second half by Ravens ◗ Offense shutout in the second half ◗ Ravens clobber Talib, Ridley ◗ Brady outshined by Flacco

Three things we learned in the Patriots' 28-13 loss to the Ravens last night in Foxboro:

1 SECOND HALF MELTDOWN FOR PATS

The Patriots went for it on fourth-and-4 at the Baltimore 19-yard line with just under nine minutes to go, but Tom Brady's pass fluttered to the ground in the shallow part of the end zone. One offensive series later, Brady was picked off by Dannell Ellerbe after a tipped ball and the Patriots quickly realized that this was not their year to reunite with Lombardi.

The Ravens scored 21 unanswered points in the second half. With 12:46 remaining in the fourth quarter, Pats running back Stevan Ridley was popped in the head by Baltimore's Bernard Pollard. A woozy Ridley coughed up the football, which was recovered by Baltimore. The Ravens then marched right down the field as Joe Flacco found Anquan Boldin in the end zone for an 11-yard TD strike.

Boldin also had a three-yard touchdown reception to open up the fourth quarter to put the Ravens up by eight points, 21-13.

JIM ROGASH/GETTY IMAGES

▶ Stevan Ridley is tripped up in the first half last night.

2 JANUARY JOE

We knew the Ravens were going to try the deep ball. It's what they do, and with no Aqib Talib it became even more desirable. It also became even more predictable, yet Flacco and crew stuck with the mind-set — but only to a degree.

Their 87-yard touchdown drive in the middle of the third quarter featured a few deep shots, but it also took advantage of some mismatches underneath and over the middle — particularly with tight end Dennis Pitta. The third-year player has a touchdown in all three games against New England in his career. When he's finding space, Flacco looks very good. The two hooked up again during the next scoring drive as Flacco, not Tom Brady, took control of this thing with a touchdown pass to Boldin.

3 PATS SHARP EARLY, NOT LATE

The Patriots ran 17 plays, 13 on one series, before they got their first three points on the board. While the ratio of points to snaps was not necessarily in line with the top offense in the league, the mix of runs and short passes was by design. Why not keep a Ravens defense that had played 87 snaps each of the last two weeks on the field as much as possible? There's got to be a breaking point for everyone, and the Pats were inching towards Baltimore's throughout the first half. After Wes Welker's short touchdown catch late in the first half, the Patriots had scored on 33 consecutive drives in the red zone, 25 of them being touchdowns. And when you think back to several of those scores (Welker's TD catch, Vereen's last week against Houston, Hernandez's all-alone TD grab versus the Texans back in December), those on the receiving end were incredibly wide open. TONY LEE AND MATT BURKE

GETTY IMAGES

▶ Aqib Talib

Ta-ta Talib

After making a nice defensive play on Anquan Boldin to force a punt on Baltimore's second possession, Aqib Talib grabbed his right hamstring and hopped toward the sideline. With him went the Patriots' best chance to limit the Ravens' vaunted deep game. Without him, Kyle Arrington took over at cornerback and Joe Flacco immediately went on the attack. Flacco threw six times on a 90-yard drive that included a 25-yard completion to Torrey Smith, who was defended by Arrington. Flacco was 1-for-5 for 17 yards before that drive. He was 5-for-5 for 64 yards on it, all against an incomplete Pats secondary. METRO/TL

The Live Feed

Metro's weekly running commentary on the Patriots:

7:51 p.m. EDT 4-yard loss by Flacco on a third down sack by Ninkovich. Huge play and Welker returned the punt 15 yards to Baltimore's 43. With 2:32 left in the first half, the Patriots have a great chance to go up two touchdowns here.

7:53: Five yard run by Stevan Ridley.

7:57: Brady scrambles for two yards. Could have been more but he ran right into the back of a ref.

8:00: Damn. Deion Branch was open in the end zone but Brady missed him.

8:03: Brady scrambles for three yards but it wastes plenty of time and the Pats are slow to call time out (for some unknown reason). They have to settle for a 25-yard field goal. 13-7 Patriots at halftime.

For the complete Live Feed, please see Metro.com/boston/sports.

In the news

SF edges Atlanta

Colin Kaepernick (above) and the San Francisco 49ers punched their ticket to New Orleans yesterday by coming back to beat the Falcons, 28-24, in the NFC Championship game.

The Niners found themselves down 17-0 early in the second quarter but Kaepernick wound up finding tight end Vernon Davis for 106 of his 233 yards passing. Frank Gore ran for two touchdowns in the second half.

It will be the 49ers' first trip to the Super Bowl since 1995.

ON TV TODAY

NHL

JETS AT BRUINS
1 P.M., NESN

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Net gains

The B's goaltender situation will undoubtedly be the main storyline this season.

Tuukka Rask picked up the win in his first game of the season, outshining Rangers goaltender Henrik Lundqvist as he posted 21 saves and allowed just one goal in the Bruin's opening night victory.

Fast start key to B's success

Bruins look to go 2-0 to start strange 2013 season
Julien must be sure not to burn out Tuukka Rask

In such an unforgiving, shortened regular season, the biggest key for most teams in the NHL is to get off to a fast start. More than anything else, a bunch of losses early on could really come back to haunt you. It could be the difference between qualifying for the playoffs or going home in April. That's why when you play a team that you are clearly better than, you need to take advantage. Enter the Winnipeg Jets (0-1-0), who come to TD Garden this afternoon (1 p.m., NESN) for a Martin Luther King Day matinee.

The Jets came in 11th place last season in the Eastern Conference, their first season back in Winnipeg since 1999. The team that went 37-35-10 in 2011-12 didn't do much over the summer to improve their middling roster. Their best player is defenseman Dustin Byfuglien, who is massive — the size of an NFL tight end. Other than that, who do they have? Evander Kane and Andrew Ladd are decent left wingers but nothing shows how average the Jets are than the fact that former Bruins whipping boy Blake Wheeler was their leading scorer last season with 17 goals and 47 assists.

The Bruins play the Jets three times this season (Feb. 17, March 19) but today is the only time that Winnipeg comes to the Garden. In no way is this a must-win for Boston but it would be very disappointing for the B's not to get two points against a team like the Jets. If the B's bring the type of complete team effort that they displayed on Saturday night against the Rangers (a 3-1 win), then they should have no problem with Winnepeg. Winnipeg lost 4-1 to Ottawa at home on Saturday afternoon.

It's likely that Boston won't play as well due to a combination of a weird start time and underestimating their opponent after they played one of the better teams in the Eastern Conference. One of the most interesting parts of this season will be monitoring how many starts Tuukka Rask will make. Undoubtedly, B's head coach Claude Julien won't want to wear him out, but at the same time, can you trust Anton Khudobin against anyone? Don't be shocked to see Khudobin play today since Julien would much rather have Rask play the Rangers again on Wednesday.

Rich Slate
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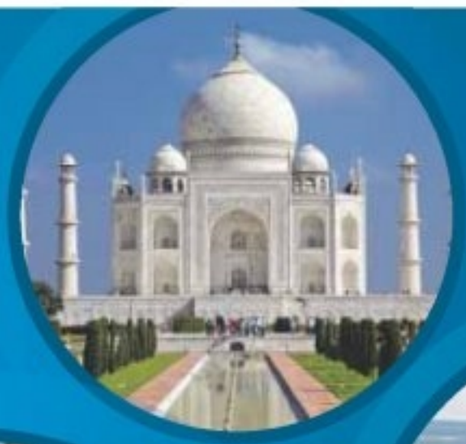

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